

FLAG FOOTBALL

Playing Field - 40 yards wide by 100 yards long (field size can vary depending on league, # of players)

Players - a team can consist of 4 to 11 players

Length of Game

1. 4 ten minute quarters or 2 twenty minute halves with breaks between quarters and halves
2. overtime period consists of each team getting the ball at 20 yard line and the team advancing the ball the farthest after four downs wins
3. timeouts are limited to 2 per half

Scoring

1. touchdown 6 points
2. extra point kick after touchdown 1 point
3. run after touchdown 2 points
***the kick and run after touchdown begins on 5 yard line
4. field goal 3 points
5. safety 2 points

Start of Game

1. flip a coin to see who kicks/receives or which goal to defend, loser gets remaining choice (our class let the team wearing the jerseys choose between kick/receive)
2. kickoff from the 40 yard line with receiving team at least 10 yards away
3. if ball does not travel at least 10 yards, re-kick ball
4. if ball is kicked out of bounds after 10 yards, receiving team can start where ball went out of bounds or at their 20 yard line
5. if ball is kicked into receiving team's end zone, receiving team can run it out or take it at their 20 yard line
6. no on-side kicks

First Downs

1. team gets 4 chances to move ball into the next 20 yard zone
2. can punt on 4th down or defending team takes ball over at that spot after 4th down

Downed Ball

1. ball is downed when one flag falls off or ball carrier falls down
2. a center snap that touches the ground before another player is dead at spot

Fumbled Ball

1. a fumbled ball is dead anytime after a kick, punt, run, lateral pass, or a errant center snap
2. a fumbled ball may be caught in mid-air before it touches the ground

Passing Restrictions

1. forward pass from behind line of scrimmage, once per play, unlimited number within 4 downs
2. lateral pass can happen anywhere on field, unlimited number within 1 down
3. all offensive players can catch ball

10-Yard Penalties from Line of Scrimmage

- | | |
|---|--|
| off-sides | delay of game |
| illegal forward pass | clipping |
| pass interference | illegal snap (must be snapped from between legs) |
| taking more than 20 seconds from moment ball is snapped to start of next play | |

10-Yard Penalties from Spot of Foul

- | | |
|---|-------------------------|
| batting ball loose from ball carriers hands | |
| illegal block | unnecessary roughness |
| clipping | unsportsmanlike conduct |
| pass interference | flag guarding |
| stiff arm | |

Flag Football Terms

1. **clipping** - penalty when a player throws his body at back of legs of player not carrying ball
2. **line of scrimmage** - imaginary line running parallel to goal line which marks where the offensive team starts or started play
3. **fair catch** - player receiving kick or punt can wave hand in air, allows player to make catch without getting obstructed
4. **off-sides** - player crosses line of scrimmage before ball is centered to QB
5. **safety** - offensive team is downed in their own end zone
6. **field goal** - ball is place kicked above cross bar between uprights
7. **first down** - advancing ball into next 20 yard zone within 4 downs
8. **down** - from time ball is centered until player is downed or scores
9. **interference** - illegal contact by defender before offensive player has ball possession
10. **lateral pass** - a pass that travels behind or parallel to line of scrimmage
11. **touchback** - ball is downed in receiving team's end zone, caused by a punt or kick
12. **centering** - when center hands or passes from ground to QB to start a play